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For immediate release

The Mitchell Mile *New Walking Program at The Domes*

Milwaukee, WI (Sept. 11, 2015) – As the weather takes on a chill, the Mitchell Mile will offer residents the opportunity to extend their walking routines to the “rainforest,” “desert,” or current floral show of The Domes every Monday at 9 a.m., from Oct. 12–Dec. 26. The Domes, “Milwaukee’s Living Landmark,” is located at 524 S. Layton Blvd.

The one-mile walk will be led by the Conservatory Educator or an Education Center Specialist. Trivia about The Domes as well as healthy green-living strategies will be shared during the walk.

“The Mitchell Mile offers a place where people can walk—no matter what the weather—and be immersed in natural surroundings,” said Conservatory Educator Paula Zamiatowski. “The discussions that go on and the comradery that develops during the walk add to a real sense of community, which is what The Domes is all about.”

Besides the benefits of the walk itself, area businesses will offer incentives to walkers, for example, participants who register online for Walgreens Balance Rewards for Healthy Choices will earn points for the miles they walk throughout the year and may redeem the points on purchases at the store.

The Mitchell Mile is free with regular admission. A children’s story time, also included with admission, follows the walk, from 10-10:30 a.m.

Regular admission for adults age 18 and over is \$7; Milwaukee County Seniors with ID, persons with disabilities, students of any age with ID, and youth age 6–17, \$5. Children 5 and under are admitted for free. In addition, Milwaukee County Residents with proof of residency receive free admission on Mondays, from 9 a.m. –noon, excluding the celebration of major holidays.

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